

Self-Care for Mild to Moderate Symptoms of COVID-19

At this time there is no curative treatment for COVID-19, however there are things that you can do to reduce your discomfort. Please refer to the chart below.

Symptom	Treatment, Frequency and Dose
Fever, Body Aches, Headache	<ol style="list-style-type: none"> 1. Acetaminophen (Tylenol), Take 650 (two 325 mg tablets) to 1000mg (two 500mg ES tablets) up to 3 times a day (every 8 hours) as needed* 2. If Acetaminophen is ineffective at reducing your pain or fever, you can try Naproxen (Aleve) 220mg 2 tabs twice a day as needed OR Ibuprofen 600 mg 3 times a day as needed (Do not take both Naproxen and Ibuprofen)** 3. If your fever is high, you can alternate dosing of Acetaminophen and Naproxen or Ibuprofen every 4 hours. ***
Cough	<p>Tea with lemon and honey Vocal rest</p> <p>Dextromethorphan cough syrup (many brands), take 30 mg three times a day to reduce cough****</p>
Dehydration	<p>HYDRATE! Drink 2-3 liters of water a day.</p> <p>Waiting until you are thirsty is a signal that you are behind on fluids. Hydration is especially important if you are having fevers and sweats. Maintaining hydration will make you feel better.</p>

*Do NOT take Acetaminophen (Tylenol) if you have liver disease or an allergy to the medication. Do NOT take more than 3,000 mg of Acetaminophen in a 24-hour period.

**Do NOT take Naproxen or Ibuprofen if you have kidney disease, current or past gastrointestinal bleeding, gastrointestinal ulcers, or an allergy to the medication. Do not take any non-steroidal anti-inflammatory medication if you are also on an antidepressant medication unless you have discussed this with a health care provider.

***Sample dosing schedule: for fever management: (all suggested doses are *as needed*.)

9 am: Acetaminophen (325 mg) 2 tablets	9 pm: Ibuprofen (200 mg) 3 tablets
1 pm: Ibuprofen (200 mg) 3 tablets	1 am (if awake): Acetaminophen (325 mg) 2 tablets
5 pm: Acetaminophen (325 mg) 2 tablets	5 am (if awake): Ibuprofen (200) mg 3 tablets

****Dextromethorphan can interact with medications for anxiety and or depression resulting in agitation, confusion, hallucinations, spasms, shivering, and increased heart rate. If you are on one of these medications, contact the health center for guidance for cough suppression.

If you have questions or concerns about how to manage your symptoms, please contact the **Center for Health and Wellness nurse line at 433-3290**.